

## Crazybusy Overstretched Overbooked And About To Snap Strategies For Coping In A World Gone Add Edward M Hallowell

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Who cannot relate to being "overstretched, overbooked, and about to snap?" As with his other books, Dr. Hallowell presents not only the problem (overcommitted, speeded-up lifestyles), but some practical solutions as well. I rolled my eyes along with the anecdotes he presents, completely identifying with his subjects.

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Crazybusy—the modern phenomenon of brain overload—is a national epidemic. Without intending for it to happen, we've plunged ourselves into a mad rush of activity, expecting our brains to keep track of more than they comfortably or effectively can. In fact, as attention deficit disorder expert and bestselling author Edward M. Hallowell, M.D., argues in this groundbreaking new audiobook ...

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### **CrazyBusy: Overstretched, Overbooked, and about to Snap ...**

helpful book for all busy people. the author has been treating people with ADHD for years, and this book definitely gives helpful hints for those with ADHD but it also is useful for people who are just too stressed out by our busy lives. have read it and am donating it to our local CHADD lending library. 2 people found this helpful

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x, 237 pages ; 22 cm

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The best-selling author of *Delivered from Distraction* offers advice to those who are stressed out by today's fast-paced society, presenting time management strategies and lifestyle changes that can change a frantic lifestyle into a productive and satisfying one. Reprint. 50,000 first printing.

The book that answers your questions about ADD—now revised and updated The best-selling authors of *Driven to Distraction* respond to the most frequently asked questions about Attention Deficit Disorder. After decades of being unfairly diagnosed, children and adults with attention deficit disorder are now recognized as having a common and treatable neurological condition. Drs. Hallowell and Roney answer the questions most frequently asked at their nationwide workshops and seminars, resulting in an easy-to-read reference that covers every aspect of the disorder: from identifying symptoms and diagnosis, to the latest treatment options, as well as practical day-to-day advice on how you or a loved one can live a normal life with ADD. Whether you are a patient, parent, teacher, or health-care professional, *Answers to Distraction* will help those whose ADD has caused persistent problems in school, at work, and in relationships. Q&As include: • What is the single most important scientific finding about ADD in the last decade? • How early can ADD be diagnosed? • Where can a parent get support for dealing with a child who has ADD? • What advances in the field of medication have taken place since the original version of this book was published? • How can you help someone of any age who resists the diagnosis of ADD get comfortable with it?

A manager's job is getting harder to do. But the central question for all managers - the one that separates great managers from the rest- is how to get the most from your people. What do you do when your most talented people fall short of their potential, or worse, fall off their game for awhile? How do you inspire a solid contributor to even more stellar performance? How do you find that spark? And turn it into a burning flame? According to best-selling author and psychiatrist, Ned Hallowell, it's all in the brain. Creating that spark and inspiring someone to perform at their highest levels isn't rocket science; but it is brain science, and it has yet to be codified into a simple and reliable process that all managers can use. Drawing from his expertise helping people reach their full potential and synthesizing the latest research on happiness, brain science, and performance, Hallowell does exactly that -- he offers a five step process that leads to peak performance. Based on the latest findings in the fast-moving field of high performance research and rooted in the work of Martin Seligman, Dan Gilbert, Marcus Buckingham, Mihaly Csikszentmihalyi, John Ratey, and many other experts in psychology and

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Neuroscience, this book gives managers a simple and coherent framework for getting the best out of people: (1) Selection - how to put people in the right job, and give them the responsibilities that literally make their brains "light up;" (2) Connection - how to overcome the powerful forces that disconnect us interpersonally in today's workplace, and how to restore the positive connections that fuel superior performance; (3) Play - why play is essential to peak performance, and how managers can get it right; (4) Progress - when the pressure is on, how to challenge the right person at the right time; (5) Recognition - why reward systems always decrease peak performance, and how managers can finally get this right The value of the five steps is that each step builds on another. For instance, there's no point in challenging an employee to go beyond their personal best if you haven't bothered to ensure first that you've got them in the right job. And there's no way to successfully get someone to think more creatively if you haven't first established the personal connection with her so that she knows her wild ideas will be taken seriously. And there's no point in demanding more, if you haven't first given employees a chance to engage their imagination and play around with the things that "light up their brains." Especially in times of mental overload and stress, when invoking people to suck it up or work even harder isn't an effective management tool, managers need a new game plan, like the one in this book, for helping their people perform at their best.

Identifying the underlying reasons why people really lose their ability to focus at work and drawing on case studies, a leading authority on ADD and ADHD presents a set of reliable techniques that will help anyone regain control of their attention and most productive mental state in the workplace. By the best-selling author of *Driven to Distraction*. 25,000 first printing.

A revolutionary new approach to ADD/ADHD featuring cutting-edge research and strategies to help readers thrive, by the bestselling authors of the seminal books *Driven to Distraction* and *Delivered from Distraction* "An inspired road map for living with a distractible brain . . . If you or your child suffer from ADHD, this book should be on your shelf. It will give you courage and hope."—Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* World-renowned authors Dr. Edward M. Hallowell and Dr. John J. Ratey literally "wrote the book" on ADD/ADHD more than two decades ago. Their bestseller, *Driven to Distraction*, largely introduced this diagnosis to the public and sold more than a million copies along the way. Now, most people have heard of ADHD and know someone who may have it. But lost in the discussion of both childhood and adult diagnosis of ADHD is the potential upside: Many hugely successful entrepreneurs and highly creative people attribute their achievements to ADHD. Also unknown to most are the recent research developments, including innovations that give a clearer understanding of the ADHD brain in action. In *ADHD 2.0*, Drs. Hallowell and Ratey, both of whom have this "variable attention trait," draw on the latest science to provide both parents and adults with ADHD a plan for minimizing the downside and maximizing the benefits of ADHD at any age. They offer an arsenal of new strategies and lifestyle hacks for thriving with ADHD, including

- Find the right kind of difficult. Use these behavior assessments to discover the work, activity, or creative outlet best suited to an individual's unique strengths.
- Reimagine environment. What specific elements to look for—at home, at school, or in the workplace—to enhance the creativity and entrepreneurial spirit inherent in the

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**ADHD mind.** • Embrace innate neurological tendencies. Take advantage of new findings about the brain's default mode network and cerebellum, which confer major benefits for people with ADHD. • Tap into the healing power of connection. Tips for establishing and maintaining positive connection "the other Vitamin C" and the best antidote to the negativity that plagues so many people with ADHD. • Consider medication. Gets the facts about the underlying chemistry, side effects, and proven benefits of all the pharmaceutical options. As inspiring as it is practical, ADHD 2.0 will help you tap into the power of this mercurial condition and find the key that unlocks potential.

From the bestselling author of the classic book on ADD, *Driven to Distraction*, a memoir of the strange upbringing that shaped Dr. Edward M. Hallowell's celebrated career. When Edward M. Hallowell was eleven, a voice out of nowhere told him he should become a psychiatrist. A mental health professional of the time would have called this psychosis. But young Edward (Ned) took it in stride, despite not quite knowing what "psychiatrist" meant. With a psychotic father, alcoholic mother, abusive stepfather, and two so-called learning disabilities of his own, Ned was accustomed to unpredictable behavior from those around him, and to a mind he felt he couldn't always control. The voice turned out to be right. Now, decades later, Hallowell is a leading expert on attention disorders and the author of twenty books, including *Driven to Distraction*, the work that introduced ADD to the world. In *Because I Come from a Crazy Family*, he tells the often strange story of a childhood marked by what he calls the "WASP triad" of alcoholism, mental illness, and politeness, and explores the wild wish, surging beneath his incredible ambition, that he could have saved his own family of drunk, crazy, and well-intentioned eccentrics, and himself. *Because I Come from a Crazy Family* is an affecting, at times harrowing, ultimately moving memoir about crazy families and where they can lead, about being called to the mental health profession, and about the unending joys and challenges that come with helping people celebrate who they are. A portion of the author's proceeds of this book will go to NAMI (National Alliance on Mental Illness).

"If you read only one book about attention deficit disorder, it should be *Delivered from Distraction*."—Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* In 1994, *Driven to Distraction* sparked a revolution in our understanding of attention deficit disorder. Widely recognized as the classic in the field, the book has sold more than a million copies. Now a second revolution is under way in the approach to ADD, and the news is great. Drug therapies, our understanding of the role of diet and exercise, even the way we define the disorder—all are changing radically. And doctors are realizing that millions of adults suffer from this condition, though the vast majority of them remain undiagnosed and untreated. In this new book, Drs. Edward M. Hallowell and John J. Ratey build on the breakthroughs of *Driven to Distraction* to offer a comprehensive and entirely up-to-date guide to living a successful life with ADD. As Hallowell and Ratey point out, "attention deficit disorder" is a highly misleading description of an intriguing kind of mind. Original, charismatic, energetic, often brilliant, people with ADD have extraordinary talents and gifts embedded in their highly charged but easily distracted minds. Tailored expressly to ADD learning styles and attention spans, *Delivered from Distraction* provides accessible, engaging discussions of every aspect of the condition, from diagnosis to finding the proper treatment

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regime. Inside you'll discover • whether ADD runs in families • new diagnostic procedures, tests, and evaluations • the links between ADD and other conditions • how people with ADD can free up their inner talents and strengths • the new drugs and how they work, and why they're not for everyone • exciting advances in nonpharmaceutical therapies, including changes in diet, exercise, and lifestyle • how to adapt the classic twelve-step program to treat ADD • sexual problems associated with ADD and how to resolve them • strategies for dealing with procrastination, clutter, and chronic forgetfulness ADD is a trait, a way of living in the world. It only becomes a disorder when it impairs your life. Featuring gripping profiles of patients with ADD who have triumphed, *Delivered from Distraction* is a wise, loving guide to releasing the positive energy that all people with ADD hold inside. If you have ADD or care about someone who does, this is the book you must read. Praise for *Delivered from Distraction* "The definitive source of information on attention deficit disorder."—Harold S. Koplewicz, M.D., director, Child Study Center, New York University School of Medicine "A deeply wise and truly helpful book, written with frankness, humor, and tremendous empathy."—Perri Klass, M.D., co-author of *Quirky Kids*

*Getting Paid to Pay Attention. Why Your Business Suffers from A.D.D. and How to Fix It.* Is your small business suffering from the symptoms of Business A.D.D.? Business A.D.D. occurs when your ADD/ADHD characteristics of procrastination, distraction and hyper-focus get in the way of completely running your small business. With the proper techniques, you can turn your struggling business into a thriving success story. "Finally, a book for adults with ADD/ADHD that addresses business in a complete, honest and meaningful way," said Keith Leon, best selling author of the book, "Who Do You Think You Are? Discover the Purpose of Your Life." "Getting Paid to Pay Attention" lays out proven strategies that have helped Author Marilyn Strong and many other entrepreneurs living and working with ADD/ADHD build and improve their small businesses. This book is specifically designed for readers with ADD/ADHD. so, if you're a fan of reading short chapters filled with everyday language, this is the business book for you. Blair Singer, best selling author, "SalesDogs," "Little Voice Mastery" and "ABCs of Business Teams that Win," says, "Turn your perceived weaknesses into strengths. Brilliance is not something you conform to, it is who you are. Marilyn's book will give you the insight to how your mind works, so that you can have the ultimate success in your business." Packed inside the 172 pages are over 20 action steps and solutions to everyday challenges that will help you organize, energize and realize your entrepreneurial dreams. Marilyn even includes an action planner that gets down to the nitty gritty of how to create a Big Picture Framework and a Little Picture Framework for each work day. Psychiatrist, Dr. Edward Hallowell, an Adult ADHD expert, and best selling author of "Crazy Busy: Overstretched, Overbooked and About to Snap: Strategies for Handling Your Fast Paced Life" as well as "Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood," says, "Marilyn Strong's honest, human approach to conquering common business challenges sets this book apart from the rest."

The promise of wellness and satisfaction has never been as ubiquitous in our culture as it is now. Images of happy people stare out at us from magazine pages and television screens; they are successful and busy, hurrying from the office to the opera, eating healthfully and acting responsibly. We are a nation of achievers

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but, as Dr. Edward Hallowell makes clear in *Connect*, what sustains us—emotionally, psychologically, physically—is connectedness, the feeling that we are part of something that matters, something larger than ourselves that gives life its meaning, direction, and purpose. Hallowell examines the real life most of us lead—overwhelmed, harried, pressured—and outlines the steps we can take to connect ourselves to the people and things that matter to us. He elevates the simplest forms of communication, understanding, and self-knowledge as examples of the human moment: the basis for the bridges we build to one another. He tells stories of personal growth—one woman's plan to bring a neighborhood together, another woman's assembling of a makeshift family, a real estate developer's institution of company-wide weekly pizza dinners—and identifies in them twelve vital ties to a more connected life. Hallowell concludes that within each of us exists the capacity to connect with the people around us—our parents, spouses, children, friends, and colleagues—to become who we want to be and to be happy with who we are.

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